

PHOENIX T'AI CHI CENTRE

519-439-8875

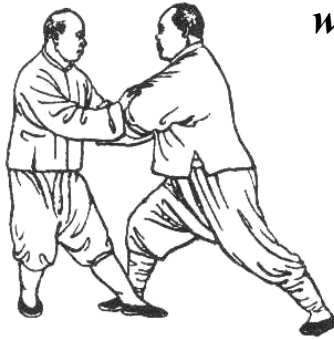
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Is pleased to present:



PUSH HANDS (TUI SHOU) WORKSHOP

with **LONDON TAIJI QUAN**



SATURDAY, MAY 14, 2016

1:00 to 4:00 pm

(Registration starts at 12:30 pm)

Fee: \$35.00

Place: Epiphany Memorial Hall
19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)

Kevin Heckendorn, Chuck Stratton and Jennie Brown are the founding instructors of the London Taiji Quan studio, which also makes its home at the Epiphany Memorial Hall. Kevin, Chuck and Jennie practice many Taiji forms and currently teach the 5 Section curriculum of Master Sam Masich.

This workshop will be an introduction to the skills and energies involved in Push Hands. Kevin, Chuck and Jennie will share their knowledge of this two-person practice in the exchange of energy. Participants will experience how the movements in the T'ai Chi form become interactive when working with another T'ai Chi player.

Previous experience with T'ai Chi postures and movements is a prerequisite for this workshop. In order to allow freedom of movement, the number of participants will be limited.

Please mail your registration well in advance.

**Visit our new website at: www.phoenixtaichi.ca
or call: 519-439-8875**